

**Annapolis Environmental Stewardship  
Certification  
Workbook for Schools, Places  
of Worship, and Other  
Institutions**



Honorable Mayor Joshua J. Cohen  
Department of Neighborhood and Environmental Programs  
Maria Broadbent, Director

December 2009

# Annapolis Environmental Stewardship Certification for Schools, Places of Worship, and Other Institutions



Stewardship: the careful and responsible management of something entrusted to one's care

## BECOME AN ANNAPOLIS ENVIRONMENTAL STEWARD CERTIFIED BUSINESS AND RECEIVE THESE BENEFITS:

- Annapolis Environmental Stewardship Certification certificate and window decal to display at your property.
- Use of the Annapolis Environmental Stewardship Certification logo for publicizing for the duration of your certification.
- A listing on the Sustainable Annapolis, Downtown Annapolis Partnership and other city websites.
- **FREE** on-going technical assistance from the Annapolis Department of Neighborhood and Environmental Programs to help you and your employees learn and implement environmental best practices.



### Partners in the Annapolis Environmental Stewardship Certification Program:

Annapolis Department of Neighborhood and Environmental Programs  
Downtown Annapolis Partnership  
Annapolis & Anne Arundel County Conference and Visitors Bureau

Workbook compiled by Jeanna Beard, Environmental Program Intern,  
& Maria Broadbent, Environmental Program Coordinator, 2009  
Our appreciation is extended to the hosts of the many websites we used in our research.

## How the program works:

1. Complete the Institution Certification Workbook by checking off all of the initiatives that your business is currently undertaking. If you need assistance filling out the workbook, please call the Department of Neighborhood and Environmental Programs at (410) 263-7946. Please see contact information below.

*Please understand that it is not necessary to complete all of the items in the workbook to become a Certified Annapolis Environmental Steward. The workbook is a comprehensive list of the many different ways to generate points. Employing all of the initiatives in this workbook is unrealistic, so please use the ones that you have not yet implemented as recommendations.*

*Know that this list is not exhaustive. There are more environmental initiatives out there than we can ever list. We will attempt to update the list of initiatives on an annual basis. If you have an idea for an initiative we might want to include, email it to: [SustainableAnnapolis@Annapolis.gov](mailto:SustainableAnnapolis@Annapolis.gov). We will consider every suggested initiative we receive although we cannot promise that they will all be included.*

2. Calculate your estimated score by adding up all of the checked boxes.
3. **Send completed workbook to the Department of Neighborhood and Environmental Programs:**

**City of Annapolis  
Department of Neighborhood and Environmental Programs  
160 Duke of Gloucester Street  
Annapolis, Maryland 21401**

Telephone:	(410) 263-7946	
Contacts:	Maria Broadbent	Ext. 7788
	Rob Savidge	Ext. 7835

4. Your workbook will be reviewed by the Department of Neighborhood and Environmental Programs. **There is no charge to participate in this program.**

First time participants need to have 120 points if the establishment does not serve food or 140 points if the establishment does serve food to receive certification as an Annapolis Environmental Steward. **Technical assistance is available at no charge from the Department of Neighborhood and Environmental Programs to help any business achieve more points, regardless of point total.** Wherever possible, low cost recommendations will be given to help institutions achieve more points.

Institutions not able to meet the initial 120/140 points necessary for certification may reapply at any time. Certifications are valid for two years from the date of award. To recertify after the initial two years, businesses must receive 150 points if food is not served or 175 points for establishments that serve food there after. The most current workbook available must be used to recertify. Recertification is valid for two years.

5. Upon final scoring of the workbook, we will meet with you to verify your score and to offer some advice about recommendations to increase your score. An official notice of certification will allow you to display the Sustainable Annapolis Environmental Steward logo.

# **Annapolis Environmental Stewardship Certification**

## **Workbook for**

### **Schools, Places of Worship, and Other Institutions**

The Annapolis Environmental Stewardship Certification Program is a part of the Department of Neighborhood and Environmental Program's Sustainable Annapolis initiative - a program to reduce the city's carbon footprint and to protect and improve the environmental health of our business districts, neighborhoods and watersheds.

The Annapolis Environmental Stewardship Certification for Schools, Places of Worship, and Other Institutions is for any public school, private school, place of worship, day care, museum, or club interested in becoming an Annapolis Environmental Steward. The workbook is a comprehensive checklist that includes categories from many fields that lead to environmental sustainability. Within each category, several criteria are mentioned with an allocated point value to be added together to create a cumulative score. For example, points will be awarded for a wide range of efforts including: incorporating environmental education, recycling, native landscaping, serving local produce, installing energy efficient systems, conserving water, and more.

	<b>Serving Food</b>	<b>Not Serving Food</b>
<b>Minimum Points Needed from Section 1</b>	25	25
<b>Minimum Points Needed from Sections 2-11</b>	95	95
<b>Minimum Points Needed from Section 12</b>	20	0
<b>Minimum Points Needed to Certify</b>	140	120
<b>Total Points Available</b>	1000	825

The workbook is used as a way to reduce the city's carbon footprint and as an educational tool for lodging managers and staff to be able to 1) reduce their greenhouse gas emissions; 2) improve the health of Chesapeake Bay 3) increase environmental awareness; and 4) to save money by using less energy. Workbook items link to websites that can be used to find out more information on how to get points for that item. Add up all of the points from your initiatives in each category to see your total score.

# **Annapolis Environmental Stewardship Certification**

## **Workbook for**

### **Schools, Places of Worship, and Other Institutions**

**All institutions must earn at least 120 points. In addition to the 120 points, Institutions that serve food must earn 20 points from the Food & Kitchen Section.**

**825 points are available for Institutions.  
1000 total points are available for Institutions that Serve Food.**

**Institution Name:** \_\_\_\_\_

**Facility Name (if different):** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Contact person:** \_\_\_\_\_

**Telephone number:** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

**Fax Number:** \_\_\_\_\_

**Type of Institution:** \_\_\_\_\_

**Number of Students/Members** \_\_\_\_\_

**Maximum Capacity?** \_\_\_\_\_

**Does the Establishment Serve Food?** ☐ Yes ☐ No

## SECTION 1: ENVIRONMENTAL POLICY & EDUCATION

<p>✓ <b>Adopt and display an environmental policy.</b>  Environmental Policies or mission statements are great ways to let your staff, members and vendors know what your environmental priorities are. An environmental policy, signed by the institution's top management, should be furnished to all new employees. Environmental Policies typically contain commitments to continual improvement, prevention of pollution and compliance with environmental regulations. Maintain environmental information for guests and staff with current information on what your business is doing to reduce its environmental impact. Mention tips and solicit suggestions from staff and members.</p> <p><i>Attach a copy of the written environmental policy.</i>  <i>Describe the location where it is displayed and made visible to staff and members:</i></p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> <b>Mandatory to receive certification</b>
<p>✓ <b>Create an environmental club/team/ task force which meets at least quarterly to identify and monitor environmental initiatives.</b>  Establish baseline measures before implementing changes and then share results with employees and customers. Assess your institution's carbon footprint by using an online calculator. For a carbon footprint calculator, visit <a href="http://www.SustainableAnnapolis.com">www.SustainableAnnapolis.com</a>  If you need assistance, call the Department of Neighborhood and Environmental Programs.  <i>Attach meeting dates and attendees for past 3 meetings.</i>  Make use of Maryland Department of The Environment's free on-site assistance program in identifying pollution prevention opportunities:  <a href="http://www.mde.maryland.gov/BusinessInfoCenter/PollutionPrevention/technical/onsite.asp">http://www.mde.maryland.gov/BusinessInfoCenter/PollutionPrevention/technical/onsite.asp</a></p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Develop an action plan to reduce environmental impact.</b>  With your environmental task force, develop an action plan with goals such as 100% recycling or carbon neutrality. The detailed action plan should include strategies, time scales to reach the goals, and success indicators benchmarking your successes. The plan must be shared with the rest of the institution community. The institution must have an understanding of the project topic and recognizes its importance to sustainable development within the institution and wider community. (source: <a href="http://eco-schools.org.uk">eco-schools.org.uk</a>) For more information on developing an action plan, please contact our office.</p>	<input type="checkbox"/> <b>10 Points</b>

<p>✓ <b>Train staff through facilitated learning opportunities.</b> Professional development and other training activities should emphasize environmental awareness, integration to curriculum, and instructional strategies. For more information, please contact our office.</p>	<input type="checkbox"/> <b>10 Points</b>
<p>✓ <b>Recognize staff, students, and members for their environmental stewardship.</b> Creating visual and vocal praise for those who implement environmental best practices encourages others to do the same. Displays of their achievements and projects are shared with the community and within the institution.</p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Conduct an environmental audit.</b> When identifying priorities for the action plan, conduct a review of the environmental impact of the institution. Involve students and/or members by allowing them to assess environmental problems such as the level of daily waste, checking the building for inefficiencies such as leaky faucets and toilets, or electric equipment left on overnight. For examples of environmental survey questions and audit tools, visit <a href="http://www.uwosh.edu/environmentalaudit/i_audit.php">http://www.uwosh.edu/environmentalaudit/i_audit.php</a> These audits can be a great education tool for the community about the environmental impacts of the institution.</p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Environmental audits are carried out and collated by students/members.</b> It is important to involve everyone associated with your institution in order to get the full effect of a “green institution”. For example, have a committee responsible for monitoring a portion of environmental best practices such as electricity and energy, waste monitoring, and reducing paper waste.</p>	<input type="checkbox"/> <b>1 Point</b>
<p>✓ <b>Incorporate curriculum and instruction on environmental stewardship.</b> Include topics such as:</p> <ul style="list-style-type: none"> <li>• Water conservation and water pollution prevention</li> <li>• Energy conservation</li> <li>• Solid waste reduction and recycling</li> <li>• Safe use of chemicals</li> <li>• Habitat restoration</li> <li>• Building structures for learning about the environment</li> <li>• The encouragement of responsible transportation</li> <li>• Health school environment</li> </ul> <p>These are topics recommended by Maryland Green School Award Program in which Green Schools must model four of the eight practices. Teaching students and members of these topics will educate and encourage environmental best practices within the institution. For more information, visit <a href="http://www.dnr.state.md.us/education/greenschools.html">http://www.dnr.state.md.us/education/greenschools.html</a></p>	<input type="checkbox"/> <b>10 Points</b>

<p>✓ <b>Outdoor education is integrated into environmental curriculum.</b>  Whether the instruction is on-site or on a field trip, giving a hands-on, first-person learning experience is important when teaching about environmental stewardship. An example field trip would be the City of Annapolis-owned Back Creek Nature Park and the Stormwater Education Experience for more information, visit <a href="http://annapolis.gov/info.asp?page=9711">http://annapolis.gov/info.asp?page=9711</a> For more examples of outdoor education resources, please contact our office.</p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Create institution-wide events that encourage environmental stewardship.</b></p>	<input type="checkbox"/> <b>3 Points</b>
<p>✓ <b>Participate in or sponsor voluntary environmental restoration projects or other community efforts to reduce environmental impacts.</b>  For help in finding an organization, please contact our office for assistance.</p>	<input type="checkbox"/> <b>3 Points</b>
<p>✓ <b>Provide students, members, and their guests with information on ecotourism.</b>  The American Heritage Dictionary defines ecotourism as “tourism designed to contribute to the protection of the environment or at least minimize damage to it”. Ecotourism also educates visitors about the local environment, and it is connected with many local environmental conservancies and societies. For information on ecotours around Annapolis, visit <a href="http://www.epa.gov/innovation/collaboration/Community-based%20Work/AnnapolisEco.htm">http://www.epa.gov/innovation/collaboration/Community-based%20Work/AnnapolisEco.htm</a>  You can find many websites dedicated to ecotourism and environmental education vacation options by searching for key words on Google or other search engines.</p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Encourage students to apply for internships, fellowships, scholarships, and service learning opportunities within the environmental sector.</b>  Below are a few examples of environmental experience programs:  <a href="http://www.epa.gov/wastes/education/pdfs/svclearn.pdf">http://www.epa.gov/wastes/education/pdfs/svclearn.pdf</a>  <a href="http://www1.eere.energy.gov/education/internships_fellowships.html">http://www1.eere.energy.gov/education/internships_fellowships.html</a>  <a href="http://www1.eere.energy.gov/education/doe_internships.html">http://www1.eere.energy.gov/education/doe_internships.html</a>  <a href="http://www.epa.gov/enviroed/NNEMS/">http://www.epa.gov/enviroed/NNEMS/</a>  <a href="http://www.thesca.org/serve/internships">http://www.thesca.org/serve/internships</a>  For more information on environmental internships, fellowships, and scholarships, call our office for assistance.</p>	<input type="checkbox"/> <b>1 Points</b>
<b>Section 1: Environmental Policy &amp; Education point total:</b>	



## SECTION 2: OFFICE & CLASSROOMS

<p>✓ <b>Communicate through email rather than using paper memos or traditional mail.</b> For events and conferences, provide an online registration system for attendees to use. Publish the registration brochure online only. At most, send a postcard with the date steering attendees to a Web site.</p>	<p><input type="checkbox"/> <b>3 Points</b></p>
<p>✓ <b>Use printing and writing papers (e.g., letterhead, stationary, copy paper, envelopes, invoices, business forms, etc.) that contain a minimum of 30% post-consumer recycled content <u>OR</u> tree-free fiber content.</b></p> <p><i>Attach description of packaging and brand</i></p>	<p><input type="checkbox"/> <b>3 Points</b></p>
<p>✓ <b>We purchase non-bleached coffee filters, paper towels, and other paper products.</b> “Chlorine-free paper is an environmentally preferable alternative to paper bleached with chlorine. Chlorine and its derivatives (such as chlorine dioxide)—the most common bleaching agents used by the pulp and paper industry—are quite harmful to the environment, particularly the aquatic environment.” (source: ciwmb.ca.gov) For more information, visit <a href="http://www.chlorinefreeproducts.org">http://www.chlorinefreeproducts.org</a></p>	<p><input type="checkbox"/> <b>3 Points</b></p>
<p>✓ <b>Machines default settings are programmed to photocopy and print on both sides automatically, with single sided print being optional. Eliminate paperwork by switching to electronic format.</b> This saves paper. At conferences, print double-sided documents if printing is necessary.</p>	<p><input type="checkbox"/> <b>3 Points</b></p>
<p>✓ <b>Eliminate unwanted or duplicate mailings to reduce paper waste.</b> Visit <a href="http://www.stopjunkmail.org">www.stopjunkmail.org</a> and <a href="http://www.catalogchoice.org">www.catalogchoice.org</a> to reduce unwanted mail. Use <a href="http://www.nationalchangeofaddress.com">www.nationalchangeofaddress.com</a> to eliminate outdated addresses from your mailing lists, and visit <a href="http://www.junkfax.org">www.junkfax.org</a> to eliminate junk faxes from being sent to your fax machines.</p>	<p><input type="checkbox"/> <b>3 Points</b></p>
<p>✓ <b>Create a comprehensive inventory of office and other consumable supplies to avoid over-ordering.</b> Preventing over-ordering is a simple way to cut spending and reduce waste. (source: <a href="http://www.epa.gov/waste/nonhaz/municipal/pubs/bus-guid/intro.pdf">http://www.epa.gov/waste/nonhaz/municipal/pubs/bus-guid/intro.pdf</a>)</p>	<p><input type="checkbox"/> <b>2 Points</b></p>
<p>✓ <b>Use vegetable- or water-based inks for printing.</b> Using an ink from a renewable resource (as opposed to conventional petroleum-based inks) is a better option for environmental stewardship practices. According to a Portland, Oregon Green Purchasing case study, renewable resource inks are cost competitive to conventional inks and switching will be cost-neutral. (source: <a href="http://portlandoregon.gov/omf/index.cfm?a=157997&amp;c=44701">portlandoregon.gov</a>) For more information, visit <a href="http://portlandoregon.gov/omf/index.cfm?a=157997&amp;c=44701">http://portlandoregon.gov/omf/index.cfm?a=157997&amp;c=44701</a></p>	<p><input type="checkbox"/> <b>3 Points</b></p>

<p>✓ <b>Ink jet cartridges, cell phones are recycled <u>OR</u> reused.</b>  Recycling envelopes can be found at City Hall and mailed at no charge. Some ink jet cartridges can be refilled, and cell phones can be donated to charities that give phones to victim's services agencies.</p> <p><i>Describe method used :</i> _____</p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Laser toner cartridges, computer disks, CDs, batteries are recycled.</b>  Type in "recycle laser toner" in a search engine and find many charities that provide free recycling.</p>	<input type="checkbox"/> <b>2 Points</b>
<b>Section 2: Office &amp; Classrooms Category point total:</b> _____	

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### SECTION 3: ENERGY

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<p>✓ <b>Lights in areas not being used are turned off.</b>  This is the simplest behavioral change that you and your business can make to your daily energy-saving regimen! Making a difference starts with small changes.</p>	<input type="checkbox"/> <b>2 Points</b>
<p style="text-align: center;"><b>For energy-efficient product performance levels recommended by the  US Department of Energy, please visit</b>  <a href="http://www.eere.energy.gov/femp/technologies/eep_purchasingspecs.html">http://www.eere.energy.gov/femp/technologies/eep_purchasingspecs.html</a></p>	
<p>✓ <b>Natural light substituting for electrical light, or use of the daytime dimming sensor.</b>  According to a study funded by The University of Georgia, students showed a dramatic correlation between daylight school environments and student performance including 20% faster progression in math and 26% faster progression in reading. For more information on this study, visit <a href="http://www.coe.uga.edu/sdpl/research/daylightingstudy.pdf">http://www.coe.uga.edu/sdpl/research/daylightingstudy.pdf</a></p> <p>Using light that is already available during daytime hours reduces energy output from light bulbs, saving you money. For example, if a 100 watt light bulb is not being used during a daytime period from 7am to 7pm (12 hours), you can save up to 45 kilowatt hours(kWh) over a year. If you have 50 light bulbs in your establishment, you can save about \$250 each year with the average energy cost in Maryland being 11.5 ¢ per kWh. (source: <a href="http://www.eia.doe.gov">www.eia.doe.gov</a>)</p>	<input type="checkbox"/> <b>5 Points</b>

<p>✓ <b>Indoor lighting is energy-efficient (compact fluorescent bulbs, T-8 or T-5 fluorescent, and/or LED). Lighting fixtures that are clearly historic in nature or specialty light fixtures (e.g., display or accent lighting) may be exempt from this requirement if compatible options are not available.</b> Fluorescent lights use up to 75% less energy than incandescent light bulbs, and can last up to 10 times as long. If you replace 20 bulbs with more energy-efficient lights, you can save up to \$600 in the lifetimes of the bulbs. For more information, visit:  <a href="http://www.energystar.gov/index.cfm?c=cfls.pr_cfls">http://www.energystar.gov/index.cfm?c=cfls.pr_cfls</a></p> <p>_____ Total Lighting = _____ # Energy Efficient Lighting (EEL) +          _____ # Non-EEL</p> <p>_____ % EEL = 100 X _____ # EEL ÷ _____ # Total Lighting</p> <p><i>Please select one:</i></p> <p><b>76% to 100% of the property</b>  <b>(approx # of EEL _____)</b></p> <p><b>51% to 75% of property</b>  <b>(approx # of EEL _____)</b></p> <p><b>25% to 50 % of the property</b>  <b>(approx # of EEL _____)</b></p>	<p><input type="checkbox"/> <b>10 Points</b></p> <p><input type="checkbox"/> <b>5 Points</b></p> <p><input type="checkbox"/> <b>3 Point</b></p>
<p>✓ <b>Programmable on/off timers and/or sensors are used for lighting and HVAC in low traffic and low occupancy areas (e.g., corridors, meeting rooms, storage rooms, equipment rooms, parking lots)</b></p> <p><i>Describe types of timers or sensors used and where:</i></p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Use power strips and surge protectors with switches.</b></p> <p>Even when electronics and appliances such as hair dryers, computers, cell phone chargers, and devices with digital clocks are turned “off”, they actually draw a small amount of energy from being plugged in. Turn the switch off when finished you’re your electronics and other appliances when not in use. According to a study by Bates University, this “phantom” or “vampire” load adds up to 65 billion kilowatt-hours of electricity each year across all U.S. households. For more information on phantom energy, visit <a href="http://www.bates.edu/Prebuilt/PhantomEnergy.pdf">http://www.bates.edu/Prebuilt/PhantomEnergy.pdf</a></p>	<p><input type="checkbox"/> <b>5 Points</b></p>

<p>✓ <b>Install high efficiency “Energy Star” appliances. (Select one.)</b>  For more product information, visit:  <a href="http://www.energystar.gov/index.cfm?c=bulk_purchasing.bus_purchasing">http://www.energystar.gov/index.cfm?c=bulk_purchasing.bus_purchasing</a></p> <p><b>76%-100% of appliances on property</b>  <b>50%-75% of appliances on property</b></p>	<p><input type="checkbox"/> <b>10 Points</b>  <input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Install an “Energy Star”-qualified programmable thermostats.</b>  The programmable thermostats automatically adjust the temperature to accommodate peak and off-peak times for guests. (source: energysavers.gov) For more information on programmable thermostats, please visit  <a href="http://www.energystar.gov/index.cfm?c=thermostats.pr_thermostats">http://www.energystar.gov/index.cfm?c=thermostats.pr_thermostats</a></p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>LED or electroluminescent exit signs.</b></p> <p><b>approx # _____</b></p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Computers, cash registers, and other electronic equipment are turned off at the end of the business day or are set to revert to an energy-saving mode.</b>  Join the Energy Star Low Carbon IT Campaign to pledge to reduce the energy consumed by computers and monitors. Visit  <a href="http://www.energystar.gov/index.cfm?c=power_mgt.pr_power_mgt_low_carbon">http://www.energystar.gov/index.cfm?c=power_mgt.pr_power_mgt_low_carbon</a></p>	<p><input type="checkbox"/> <b>3 Points</b></p>
<p>✓ <b>Building insulation has been added in the last year to increase our energy efficiency.</b></p>	<p><input type="checkbox"/> <b>10 Points</b></p>
<p>✓ <b>Install insulation for water heaters, hot water lines, and furnaces.</b>  “Insulating your hot water pipes reduces heat loss and can raise water temperature 2°F–4°F hotter than uninsulated pipes can deliver, allowing for a lower water temperature setting,” (source: energysavers.gov)  <a href="http://apps1.eere.energy.gov/consumer/your_home/water_heating/index.cfm/mytopic=13060">http://apps1.eere.energy.gov/consumer/your_home/water_heating/index.cfm/mytopic=13060</a></p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Install a solar hot water system.</b></p>	<p><input type="checkbox"/> <b>50 Points</b></p>
<p>✓ <b>Install a timer for the hot water system.</b>  Timing your hot water heater to adjust to peak and off-peak times can drastically save you on energy bills as the water heater accounts for 20% of household energy consumption (source:epa.gov) For more information, visit:  <a href="http://apps1.eere.energy.gov/consumer/your_home/water_heating/index.cfm/mytopic=13110">http://apps1.eere.energy.gov/consumer/your_home/water_heating/index.cfm/mytopic=13110</a> and <a href="http://www.epa.gov/reg5rcra/wptdiv/p2pages/energy.pdf">http://www.epa.gov/reg5rcra/wptdiv/p2pages/energy.pdf</a></p>	<p><input type="checkbox"/> <b>5 Points</b></p>

<p>✓ <b>For public bathrooms: Installed motion sensor hand dryers or paper towels made with 50% post-consumer fiber.</b></p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Install high efficiency air conditioning units. SEER of 13 or greater or EER of 11 or greater.</b>  SEER (Seasonal Energy Efficiency Ratio) and EER (Energy Efficiency Ratio) ratings reflect energy efficiency overall on a seasonal basis and at times of peak operations, respectively. The higher the SEER and EER ratings, the less energy is needed to put into the air conditioning unit to produce the same output energy as less efficient models. To search for Energy Star HVAC equipment, visit <a href="http://www.ceedirectory.org/">http://www.ceedirectory.org/</a>.</p>	<p><input type="checkbox"/> <b>10 Points</b></p>
<p>✓ <b>Use Vending Misers on vending machines.</b>  Our Vending Misers have sensors that allow the vending machines to deactivate the machine lights and prevent unnecessary compressor cycling when it senses no traffic in the vicinity of the machine for an extended period of time. A study performed by University of Louisville showed a reduction in energy usage between 23% and 65% when using Vending Misers. Ask your vending provider to install Vending Misers. (source: <a href="http://www.louisville.edu">www.louisville.edu</a>)</p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Install Low E insulating glass windows. (Select one.)</b>  The “E” in Low E stands for “emmissivity”. Windows are measured for their R value, or their resistance to heat loss; The higher the R value, the higher the resistance is. Low E insulating glass windows can have over 5 times the resistance to heat loss as the single pane regular glass windows. (source: <a href="http://www.askabuilder.com">www.askabuilder.com</a>) For buildings in the Historic District, or on the National Register: Storm windows, approved by the Historic Preservation Commission, have been installed on the building. For more information, visit <a href="http://www.energystar.gov">www.energystar.gov</a></p> <p style="text-align: center;"> <b>76 - 100% of property</b>  <b>50 - 75% of property</b> </p>	<p><input type="checkbox"/> <b>10 Points</b>  <input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Generate energy (including electricity) using solar panels, wind turbines and/or geothermal heat pumps. (Select one.)</b>  There are incentives and programs administered by the Maryland Energy Administration that will aid in the implementation of alternative energy initiatives. For more information, visit <a href="http://energy.maryland.gov/incentives/business/">http://energy.maryland.gov/incentives/business/</a></p> <p style="text-align: center;"> <b>76%-100% of total energy</b>  <b>26%-75% of total energy</b>  <b>10%-26% of total energy</b> </p>	<p><input type="checkbox"/> <b>50 Points</b>  <input type="checkbox"/> <b>25 Points</b>  <input type="checkbox"/> <b>10 Points</b></p>

<p>✓ <b>Purchase clean electricity. (Select one.)</b>          According to the EPA, clean energy "includes energy efficiency and clean energy supply options like highly efficient combined heat and power as well as renewable energy sources." Get information for incentives and resources through Maryland Energy Administration's webpage at <a href="http://energy.maryland.gov/incentives/business/energy/">http://energy.maryland.gov/incentives/business/energy/</a></p> <p style="text-align: center;"> <b>76%-100% of total electricity</b>  <b>26%-75% of total electricity</b>  <b>10%-26% of total electricity</b> </p>	<p><input type="checkbox"/> 30 Points</p> <p><input type="checkbox"/> 20 Points</p> <p><input type="checkbox"/> 10 Points</p>
<p>✓ <b>Purchase carbon off-sets (renewable energy credit, green tags, etc.)</b>          Learn more by visiting Stockholm Environment Institute, Carbon Offset Research and Education initiative, at <a href="http://www.co2offsetresearch.org/">http://www.co2offsetresearch.org/</a></p> <p>Quantity _____</p>	<p><input type="checkbox"/> 5 Points</p>
<p>✓ <b>Conduct an energy audit within the past two years.</b>          Provide documentation.</p>	<p><input type="checkbox"/> 10 Points</p>
<p>✓ <b>Become an EnergySmart School and/or an Energy Star Labeled Building.</b>          The EnergySmart School program is run by the US Department of Energy helps schools plan, finance, build, and maintain an energy-efficient building for schools K-12. For more information, visit <a href="http://www1.eere.energy.gov/buildings/energysmartschools/index.html">http://www1.eere.energy.gov/buildings/energysmartschools/index.html</a>          Energy Star Labeled Buildings &amp; Plants program is for government buildings, schools, congregations, and more. For more information, visit <a href="http://www.energystar.gov/index.cfm?fuseaction=labeled_buildings.locator">http://www.energystar.gov/index.cfm?fuseaction=labeled_buildings.locator</a></p>	<p><input type="checkbox"/> 10 Points</p>
<p>✓ <b>Our building is LEED certified. (Select one.)</b>          Provide documentation. For more information on Leadership in Environmental Energy and Design, please visit <a href="http://www.usgbc.org/leed/">www.usgbc.org/leed/</a>          For project profiles of existing LEED certified buildings, please visit <a href="http://www.usgbc.org/DisplayPage.aspx?CMSPageID=1721">http://www.usgbc.org/DisplayPage.aspx?CMSPageID=1721</a>          For more information on Annapolis' City requirements on new construction and environmental design, please see City Code Chapter 17.14. Buildings constructed under the requirements of the City's green building ordinance but not registered through U.S. Green Building Council are qualified to earn these points.</p> <p style="text-align: center;"> <b>Platinum</b>  <b>Gold</b>  <b>Silver</b>  <b>Certified</b> </p>	<p><input type="checkbox"/> 50 Points</p> <p><input type="checkbox"/> 40 Points</p> <p><input type="checkbox"/> 30 Points</p> <p><input type="checkbox"/> 20 Points</p>
<p style="text-align: right;"><b>Section 3: Energy Category point total:</b> _____</p>	

## SECTION 4: WASTE MANAGEMENT

<p><b>Points are awarded when showing a reduction in waste and an increase in recycled material. Please see calculations. Please attach verification with this application. Keeping a daily or weekly log of waste thrown away and waste to be recycled will allow for easier calculations.</b></p> <p><b>% Waste Recycled for (year)____: _____</b></p> <p><b>% Waste Recycled for (year) ____: _____</b></p> <p>_____ Total Waste Generated = _____ Waste Thrown Away (yd<sup>3</sup>, ton, etc.) +          _____ Waste Recycled (yd<sup>3</sup>, ton, etc.)</p> <p>_____ % Waste Recycled = 100 X _____ Recycled Materials (yd<sup>3</sup>, ton, etc.) ÷          _____ Total Waste Generated (yd<sup>3</sup>, ton, etc.)</p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p><b>✓ List materials recycled</b></p> <p>Visit AA County's Commercial Recycling webpage and EPA's website to find information on how and where to recycle hazardous materials.  <a href="http://www.aacounty.org/DPW/WasteManagement/commRecycling.cfm">http://www.aacounty.org/DPW/WasteManagement/commRecycling.cfm</a>  <i>Describe recycling procedures, who performs it, and how often:</i></p> <p>_____</p> <p><i>List recycling services providers used, and what commodities they are handling</i></p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p><b>✓ Provide recycling bins in each room.</b></p> <p>Make sure that a recycling bin is provided next to each trash can, and label each bin for easy recognition.</p>	<p><input type="checkbox"/> <b>2 Points</b></p>

<p>✓ <b>Old or burned out fluorescent lamps (tube style), CFL's (compact fluorescent lamp bulbs), and CRT's (computer monitors and televisions) are stored in a central accumulation area. CFLs and fluorescent tubes are recycled properly.</b> Provide documentation. Incorrect disposal of CFL bulbs and fluorescent tubes can result in mercury being released into the environment. For more information on universal waste, visit <a href="http://www.epa.gov/epawaste/hazard/wastetypes/universal/">http://www.epa.gov/epawaste/hazard/wastetypes/universal/</a>  <i>Note: Points will be awarded with proof of <u>proper disposal</u> of this type of waste.</i></p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Use furniture made from recycled materials and/or materials approved by the Forest Stewardship Council (FSC). (Select one.)</b>  Points are awarded based on (chairs, tables, booths, cabinetry, bathroom partitions, etc.) and the percent of the furniture and type of furniture that is recycled or made from FSC-approved material. <a href="http://www.fscus.org/">http://www.fscus.org/</a></p> <p style="text-align: center;"><b>76% - 100%</b>  <b>25%-75%</b></p>	<input type="checkbox"/> <b>20 Points</b> <input type="checkbox"/> <b>10 Point</b>
<p>✓ <b>Dumpster plugs are in place and closed such that no liquids will leak from the container. Trash is stored in such a way that no liquid leaks into the storm drain. Containers are kept closed at all times.</b>  ★<i>Note: Annapolis City Code 21.64.300 states: "All trash and refuse shall be stored in self-enclosed trash storage areas. These trash storage areas shall be located either within the establishment or within the structure on which the establishment is located, or shall consist of a properly screened and maintained dumpster on the property on which the establishment is located"</i></p>	<input type="checkbox"/> <b>1 Points</b>
<p>✓ <b>Minimize stockpiling and storage of excess paint and paint products by periodically reviewing excess paint and paint products in storage, reusing or donating usable paint, and recycling/disposing of material that is outdated, not reusable, or not needed.</b>  To properly store paint, close it tightly and write down the date that you opened it. Donate unwanted paint in usable conditions to charity. As a last resort, you can dispose of your hazardous wastes at a county facility.  <a href="http://www.aacounty.org/DPW/WasteManagement/convCtr.cfm">http://www.aacounty.org/DPW/WasteManagement/convCtr.cfm</a>  If you have latex paint, stir kitty litter, sand, or dirt into the paint and let it dry. Close the lid, place in a trash bag, and place it for regular trash collection.</p>	<input type="checkbox"/> <b>3 Points</b>
<p>✓ <b>Install a trash compactor.</b>  Refuse compactors will reduce the overall volume of waste, decreasing the amount of pickups per month; This may decrease the cost of service. Compacted waste also saves landfill space. You can also compact like recyclables (such as plastic bottles or cardboard), which will save space in your recycling bins to encourage more recycling. Glass containers should not be compacted.</p>	<input type="checkbox"/> <b>5 Points</b>



<p>✓ <b>Use refillable dispensers rather than individual containers for soap and/or lotion in rest rooms.</b></p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Buy goods in bulk rather than pre-packaged items to reduce the amount of packaging waste. Preference is given to packaging that is recyclable and post-consumer recycled material.</b> For example, buying wholesale instead of buying single-serve packaging will greatly reduce packaging waste.</p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Formally request suppliers to reduce packaging.</b> <i>Attach a copy of the formal request.</i></p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Use coreless toilet paper.</b> Coreless toilet paper does not have the cardboard center, which reduces the amount of waste. The rolls may also have more toilet paper on them, allowing for fewer orders and resulting in less packaging material. (source: carmel.in.gov)</p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Provide water fountains on site as opposed to bottled water.</b> This not only cuts down on waste, but the transportation costs and wastes associated with water bottle packaging will also be eliminated. Look for drinking fountains that conserve water and energy such as self-contained drinking fountains with insulated pipes. For more information, visit <a href="http://www1.eere.energy.gov/femp/pdfs/29267-6.3.pdf">http://www1.eere.energy.gov/femp/pdfs/29267-6.3.pdf</a></p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Use pillows with recycled stuffing or those with natural stuffing.</b> In recent years, companies have been producing pillows with buckwheat, down, kapok, and horsehair for commercial use. Another alternative is using PET bottles recycled into polyester filling. For more information on products, search “natural pillow stuffing” or “recycled pillow” on a search engine.</p>	<input type="checkbox"/> <b>10 Points</b>
<p>✓ <b>Use only reusable (washable) dishes and utensils. Don’t use disposable serving items, or recycle them when they are used.</b> At conferences, provide cutlery instead of plastic flatware.</p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Use recyclable plastic or paper take-out containers <u>instead</u> of Styrofoam. Use only plastic containers and utensils made from renewable sources such as corn starch or cellulose. Paper cups are preferred over plastic.</b> Styrofoam is neither biodegradable nor recyclable, so choosing recyclable materials is a key component in becoming an Environmental Steward. Ask the businesses you’re patronizing for alternatives to Styrofoam containers. At conferences, use reusable cups, plates, and utensils only.</p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Use cloth (reusable) napkins or napkins containing at least 50% post-consumer recycled material.</b> At conferences and meetings, provide attendees with cloth napkins only.</p>	<input type="checkbox"/> <b>2 Points</b>

✓ <b>Use cloth towels to clean up spills, and to clean surfaces.</b>	<input type="checkbox"/> <b>1 Points</b>
✓ <b>Donate items to charity that have been in the Lost &amp; Found for a period of time.</b> Create a company policy that tells customers and employees what you do with found articles. Consider donating old linens and unused amenities as well. To find a charity of your choice, visit <a href="http://www.charitynavigator.com">www.charitynavigator.com</a> .	<input type="checkbox"/> <b>2 Points</b>
✓ <b>Stop unwanted free newspaper deliveries to guests.</b> To stop delivery of unwanted free newspapers, we encourage the practice of asking the customer at check-in or using a door hanger to refuse.	<input type="checkbox"/> <b>2 Points</b>
✓ <b>Use scratch paper for note-taking or printing draft documents.</b> Using scratch paper is cheaper than buying a note pad or more printer paper since you're using paper that has already been used. You can also make a scratch paper notepad out of old stationery, the backs of old documents, and glue called padding compound to bind the stack of papers together.	<input type="checkbox"/> <b>2 Points</b>
<b>Section 4: Waste Management Category point total:</b>	

## SECTION 5: WATER QUALITY & CONSERVATION

**Make sure to identify and repair all leaks.**  
**For more information on how to conserve water and use it effectively, visit**  
<http://www.epa.gov/nps/chap3.html>

<b>The following water conserving fixtures or retrofits are in place:</b>	
<b>✓ 2.2 gpm faucets and aerators;</b> Faucets can use up to 10gpm when not equipped with aerators. Aerators cut water use by 75% and saves money on water and energy bills. (source: <a href="http://www.epa.gov/nps/chap3.html">http://www.epa.gov/nps/chap3.html</a> ) Low-volume faucet aerators can be installed when the entire faucet does not need replacing.	<input type="checkbox"/> <b>3 Points</b>
<b>✓ 1.6 gpf or dual-flush toilets;</b> “Replacing a typical 3.5 gallon toilet with a 1.6 gallon model will save a family of four 11,096 gallons per year. That’s a 54% reduction in toilet water use.” Dual-flush toilets allow for 2 options when flushing: half-tank flushes and the full 1.6 gallon flushes. This can save up to 64% of the water that would have been flushed in single-flush toilets. (sources: <a href="http://www.mwra.state.ma.us">www.mwra.state.ma.us</a> , <a href="http://www.epa.gov/nps/chap3.html">http://www.epa.gov/nps/chap3.html</a> )	<input type="checkbox"/> <b>3 Points</b>
<b>✓ Automatic shut off faucets installed.</b> A faucet (even with effective aerators) can be accidentally left on. This can waste up to 20 gallons of water per day per faucet. Automatic shut-off faucets can prevent accidents like this, and save you money in the process (source: <a href="http://www.wtmua.org">www.wtmua.org</a> , <a href="http://www.dnr.sc.gov">www.dnr.sc.gov</a> )	<input type="checkbox"/> <b>5 Points</b>
<b>✓ 2.5 or less gpm and stop-flow showerheads;</b> Federal regulations mandate that new showerhead flow rates can not exceed more than 2.5 gpm at 80 pounds per square inch (psi) or 2.2 gpm at 60 psi. For more information, visit <a href="http://www1.eere.energy.gov/femp/program/waterefficiency_bmp7.html">http://www1.eere.energy.gov/femp/program/waterefficiency_bmp7.html</a> and <a href="http://www1.eere.energy.gov/femp/technologies/eep_showerhead.html">http://www1.eere.energy.gov/femp/technologies/eep_showerhead.html</a>	<input type="checkbox"/> <b>3 Points</b>
<b>✓ A broom, rather than a hose, is used to clean sidewalks, driveways, patios and other impermeable surfaces.</b> Make sure to pick up the swept-up waste and put it in a trash can, not the gutter. Sweeping the waste into the gutter only adds to the pollution in the Chesapeake Bay. Remember, <i>“Only rain down the drain!”</i>	<input type="checkbox"/> <b>2 Points</b>
<b>✓ Stay up-to-date on drinking water.</b> Visit <a href="http://www.epa.gov/OGWDW/faq/pdfs/fs_homewatertesting.pdf">http://www.epa.gov/OGWDW/faq/pdfs/fs_homewatertesting.pdf</a> to inform yourself and others about safe drinking water Visit <a href="http://www.annapolis.gov/info.asp?page=6787">http://www.annapolis.gov/info.asp?page=6787</a> to receive annual reports on Annapolis’ water report summary.	<input type="checkbox"/> <b>2 Points</b>

<p>✓ <b>Address pet waste issues.</b></p> <p>According to the EPA, pet waste can pose several serious problems to the health and well-being of humans, animals, and the environment. Pet waste can contain diseases or parasites that can make those in contact sick. This can be especially true for gardeners, pets, and children who play outside. The nitrogen from waste can be carried by stormwater into our water bodies and eventually into the Chesapeake Bay. For more information, visit <a href="http://www.epa.gov/nps/toolbox/other/wiexpets.pdf">http://www.epa.gov/nps/toolbox/other/wiexpets.pdf</a></p> <p>To prevent these issues, install a pet waste facility providing bags and a trash bin for easy removal from the environment, or ban pets on the premises.</p> <p><i>*Note: According to Anne Arundel County Code § 12-4-909: "A person shall remove excreta deposited by an animal owned by that person on public walks, recreation areas, or private property other than the owner's."</i></p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Install permeable paving.</b></p> <p>Permeable paving is designed to replace impervious areas such as parking lots or sidewalks. Allowing stormwater to infiltrate into the soil will allow the water to "fix" before it is released into our waterways. For more information on permeable surfaces, visit <a href="http://www.epa.gov/owow/nps/pavements.pdf">http://www.epa.gov/owow/nps/pavements.pdf</a></p>	<p><input type="checkbox"/> <b>30 Points</b></p>
<p><b>Section 5: Water Conservation Category point total:</b></p>	

## SECTION 6: SWIMMING POOL & SPA

<p>✓ <b>Indoor swimming pool or spa water treatment:</b></p> <p>Calcium hypochlorite (calhypo) instead of sodium hypochlorite</p> <p>Calhypo with electronic monitoring</p> <p>Non- chlorine shock chemicals</p> <p>Salt chlorine generator</p> <p>Other: _____</p> <p><i>Using calhypo is not necessarily more “environmentally friendly”, but it is more potent than sodium hypochlorite (liquid chlorine). Per pound, calhypo contains more available chlorine than liquid chlorine, which in turn creates less waste from packaging and inactive ingredients during the manufacturing process.</i></p>	<p><input type="checkbox"/> <b>10 Points</b></p>
<p>✓ <b>Outdoor swimming pool or spa water treatment:</b></p> <p>Calcium hypochlorate (calhypo) instead of sodium hypochlorite</p> <p>Calhypo with electronic monitoring</p> <p>Salt chlorine generator</p> <p>Other: _____</p>	<p><input type="checkbox"/> <b>10 Points</b></p>
<p>✓ <b>Insulated pool covering (thermal blanket) to keep heat in when not in use</b></p>	<p><input type="checkbox"/> <b>10 Points</b></p>
<p>✓ <b>Solar heating system for pool</b></p>	<p><input type="checkbox"/> <b>30 Points</b></p>
<p>✓ <b>LED lighting inside pool</b></p> <p>A 70-watt LED fixture produces approximately the same amount of light as a 450-watt incandescent fixture, but with savings of nearly 85 percent in the amount of energy consumed. Initial capital costs are approximately double (\$500 per LED fixture, as opposed to \$250 for an incandescent), but the LED lights will provide 55,000 hours of light compared to 3,800 hours for an incandescent, so the changeover is well worth the investment. For more information, visit <a href="http://www1.eere.energy.gov/buildings/ssl/using_leds.html">http://www1.eere.energy.gov/buildings/ssl/using_leds.html</a></p>	<p><input type="checkbox"/> <b>20 Points</b></p>
<p><b>Section 6: Swimming Pool &amp; Spa Category point total:</b> _____</p>	

## SECTION 7: CLEANING, MAINTENANCE, & LAURNDRY

✓ **Use cleaners and detergents that are biodegradable, do not contain NTA**

**(nitrilotriacetic acid), and do not contain chlorine bleach or phosphates.** (up to 10 points depending on use throughout property).

NTA is a known human carcinogen. Emulsifiers and degreasers are not to be used. Phosphates in detergents contribute to the production of algal blooms which have a detrimental effect on the health of the Chesapeake Bay. (source: [www.ntp.niehs.nih.gov/](http://www.ntp.niehs.nih.gov/)) For information on reducing hazardous products, visit <http://www.nasdonline.org/document/1449/d001243/reducing-hazardous-products-in-the-home.html>

★ *Note: Annapolis City Code 2.48.350 states: "...all surfactants shall meet EPA standards as "readily biodegradable." No detergents shall contain phosphates, " and "Where available, no janitorial cleaning or disinfecting products shall contain ingredients that are identified by United States Environmental Protection Agency or the National Institute for Occupational Safety and Health as carcinogens, mutagens, or teratogens."*  
**Code 2.48.350 is the standard for city-owned assets. Please follow our lead.**

★ *Note: Code of Maryland Regulations 10.15.03 states "When sanitizer is used for the manual sanitization of food contact surfaces of equipment and utensils:*

*(A) The minimum level of sanitizer provided is:*

*(1) 50 parts per million (ppm) chlorine with a minimum water temperature of 75°F and a minimum contact time of 7 seconds; or*

*(2) 12.5-25 ppm iodine with a minimum water temperature of 75°F and a minimum contact time of 30 seconds; or*

*(3) The concentration indicated on the manufacturer's label with a minimum contact time of 30 second of quaternary ammonium compound.*

*(B) A test kit of other device that accurately measures concentration of the sanitizer in parts per million is provided and used to check that the minimum level of sanitizer is accurate"*

*Describe which product brands are used and for which purpose.*

glass cleaner: \_\_\_\_\_

floor cleaner: \_\_\_\_\_

bathroom cleaner: \_\_\_\_\_

counter top cleaner: \_\_\_\_\_

laundry soap: \_\_\_\_\_

other: \_\_\_\_\_

☐ **2 Points**  
☐ **2 Points**  
☐ **2 Points**  
☐ **2 Points**  
☐ **2 Points**  
☐ **Points**  
**Negotiable**

<p>✓ <b>Clean windows and mirrors with newspaper.</b> Mirrors and windows will be streak- and lint-free when using newspaper and a non-toxic, biodegradable cleaner. Replace paper towels with newspaper. A cheap non-toxic formula for streak-free glass surfaces: 1 part water, 1 part distilled white vinegar, 2-5 drops dish soap. Put contents in a spray bottle and wipe with cloth or newspaper.</p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Provide an optional wash service to members.</b> This will replace wash services already instated. To gain full points, properly display your optional service in conspicuous areas to educate members of the energy and water saved from less frequent laundering. Encourage members to take their laundry and towels home with them.</p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Use cruelty free amenities (toiletries) that do not contain: sodium laureth sulfate, parabens, formaldehyde, mineral oil, petroleum derivatives, and animal-based products.</b> Sodium laureth sulfate and formaldehyde are known skin and eye irritants that may be harmful to hypersensitive skin. Formaldehyde is a known carcinogen. Parabens are preservatives found in cosmetics that have estrogen-like properties which may cause complications. Mineral oil and petroleum derivatives are similar in that they are derived from fossil fuels. (source: toxnet.nlm.nih.gov)</p>	<input type="checkbox"/> <b>4 Points</b>
<p style="text-align: center;"><b>Facts and Resources</b></p> <ul style="list-style-type: none"> <li>○ Institutional users report that, in general, green cleaners are cost competitive and perform just as well as their conventional counterparts.</li> <li>○ Social and environmental benefits can be gained by switching to green cleaners; Use products certified by Green Seal <a href="http://www.greenseal.org/">http://www.greenseal.org/</a> or products certified “Designed for the Environment” (DfE) by the EPA <a href="http://www.epa.gov/dfe/pubs/projects/formulat/label.htm">http://www.epa.gov/dfe/pubs/projects/formulat/label.htm</a></li> <li>○ For technical information about a product’s safety, look at its Material Safety Data Sheet (MSDS), a form containing data regarding the properties of a particular product or substance. It contains comprehensive information including toxicity and health effects, to assist in switching to less hazardous chemicals. Most manufacturers put their MSDS online.</li> <li>○ Use “Green Seal certified” or “Design for the Environment” cleaning materials throughout your home. Green Seal is a non-profit organization creating environmental standards for products and materials including cleaning products, paints, and windows. Design for the Environment is a program run by the Environmental Protection Agency to inform substitution to safer chemicals. Cleaning products certified by either of these programs will have labels on their containers stating that they are certified. Visit <a href="http://greenseal.org/findaproduct/index.cfm">http://greenseal.org/findaproduct/index.cfm</a> and <a href="http://www.epa.gov/oppt/dfe">http://www.epa.gov/oppt/dfe</a> for more information.</li> </ul>	
<p><b>Section 7: Cleaning, Maintenance &amp; Laundry Category point total:</b> _____</p>	

## SECTION 8: LANDSCAPING & OUTDOOR

<p>✓ <b>Refrain from using harmful or dangerous chemicals in the landscape, and use botanical controls such as organic insecticides, fertilizers and biocides and/or integrated pest management (IPM) techniques to treat fungus and insect problems.</b></p> <p>Organic insecticides, fertilizers, and biocides are naturally-derived chemicals developed to kill and/or repel insects and other living pests. IPM is an approach to pest management using a combination of techniques to manage pest damage by using the most economical means and with the least possible hazard to people, property, and the environment. For more information on IPM, visit <a href="http://www.epa.gov/pesticides/factsheets/ipm.htm">http://www.epa.gov/pesticides/factsheets/ipm.htm</a></p> <p>Visit the MD Home &amp; Garden Center website for more information <a href="http://www.hgic.umd.edu">http://www.hgic.umd.edu</a></p> <p>★ <i>Note: Annapolis City Code 10.34.040 states: “no person shall apply on any lawn fertilizer that is labeled as containing more than zero percent phosphorous or other compound containing phosphorous, such as phosphate.” For exemptions, see Annapolis City Code 10.34.050.</i></p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Manage garden pests naturally and safely.</b></p> <p>Try to avoid the use of pesticides, if possible. Search online or DIY yard and garden hint books for ways to get rid of earwigs, slugs, nematodes, and other pests.</p> <p>To get rid of root nematodes, plant marigolds among your beans, spinach, tomatoes and celery. The roots of marigolds produce a chemical in the soil that kills nematodes when they try to eat the roots, or when they come into close contact with the soil surrounding the root system. To get rid of earwigs that are killing your young plants, dampen newspaper and roll tightly. The next morning, it should be full of earwigs – bag it up well and discard. Repeat each day until there are no more earwigs. For slugs and snails, fill a pie tin with 1 inch of flat beer. The slugs and snails will drink it, pass out, and drown. To get rid of aphids, attract ladybugs by growing marigold, dill, and cilantro. (source: <i>Household Hints &amp; Handy Tips</i> by Reader’s Digest)</p> <p>For more information on how to get rid of pests naturally, visit <a href="http://www.hgic.umd.edu/content/onlinepublications.cfm#Pest%20Control">http://www.hgic.umd.edu/content/onlinepublications.cfm#Pest%20Control</a></p>	<p><input type="checkbox"/> <b>5 Points</b></p>



<p>✓ <b>Plant native trees and plants on our property.</b></p> <p>Planting trees initially uses a lot of water, but over time, native trees require less water, less maintenance, and less fertilizer than either exotic trees or grass lawns.</p> <p>For more information on the types of trees and plants that are suitable for your property, take a look at the “Native Plants for Wildlife Habitat and Conservation Landscaping” booklet. The booklet also gives information of the types of wildlife the trees will attract.</p> <p>A free copy is available by visiting <a href="http://www.nps.gov/plants/pubs/chesapeake/">http://www.nps.gov/plants/pubs/chesapeake/</a></p> <p>Maryland Department of Natural Resources has a simplified list of trees that are acceptable to plant in MD that can be found by visiting <a href="http://www.trees.maryland.gov/pickatree.asp">http://www.trees.maryland.gov/pickatree.asp</a>. A coupon for \$25 is provided for trees purchased from the list provided on DNR’s website. <a href="http://www.trees.maryland.gov/pdfs/coupon.pdf">http://www.trees.maryland.gov/pdfs/coupon.pdf</a></p> <p>Plant trees for major milestones and celebrations.</p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Attract pollinators by planting wildflowers in your gardens.</b></p> <p>Animals and insects account for the pollination of 75% of all flowering plants. They promote biodiversity which reduces occurrences of genetic defects and sweeping diseases. Examples of crops that are pollinated include apples, squash, and almonds.</p> <p>For more information on pollinators, visit <a href="http://www.fws.gov/Pollinators/">http://www.fws.gov/Pollinators/</a></p>	<p><input type="checkbox"/> <b>4 Points</b></p>
<p>✓ <b>Install bird, bat, and butterfly boxes.</b></p> <p>Birds, bats and butterflies are superior pollinators, and they promote biodiversity.</p>	<p><input type="checkbox"/> <b>4 Points</b></p>
<p>✓ <b>Create a vegetable, fruit, and/or herb garden.</b></p> <p>Encourage students and members to learn the importance of watering, harvesting, and eating locally grown foods. For more information on starting a vegetable garden, visit <a href="http://growit.umd.edu/Gardening%20Basics/index.cfm">http://growit.umd.edu/Gardening%20Basics/index.cfm</a></p>	<p><input type="checkbox"/> <b>4 Points</b></p>
<p>✓ <b>We use hardwood mulch for trees, vegetable, and flower beds. We use TreeGator<sup>R</sup> bags for newly planted trees.</b></p> <p>Using mulch for your plants will help keep moisture in and around the root system instead of being lost to evaporation. Use of the TreeGator<sup>R</sup> bags allows maximum water to reach the tree, and minimum water waste. For more information, visit <a href="http://www.treegator.com/">http://www.treegator.com/</a></p>	<p><input type="checkbox"/> <b>4 Points</b></p>
<p>✓ <b>Install a “green roof”. (Select one.)</b></p> <p>A green roof or ecoroof replaces conventional roofing with a vegetated roof system consisting of a layer of vegetation growing over a synthetic, waterproof membrane. Green roofs reduce stormwater runoff and cools urban heat island effects among other benefits. For more information, visit <a href="http://portlandoregon.gov/bes/index.cfm?c=44422">http://portlandoregon.gov/bes/index.cfm?c=44422</a></p> <p style="text-align: center;"> <b>10,000ft<sup>2</sup> +</b>  <b>1,000ft<sup>2</sup> – 9,999ft<sup>2</sup></b>  <b>1ft<sup>2</sup> – 999ft<sup>2</sup></b> </p>	<p><input type="checkbox"/> <b>30 Points</b></p> <p><input type="checkbox"/> <b>20 Points</b></p> <p><input type="checkbox"/> <b>10 Points</b></p>

<p>✓ <b>Adjust irrigation schedules to account for seasonal rain variation.</b></p> <p>When watering landscape and plants, keep in mind the time of year and do not water plants in seasons with adequate rainfall. “Although the heaviest precipitation occurs in the summer, this is the season when severe droughts are most frequent. Summer precipitation is less dependable and more variable than in winter.” Don’t water during droughts. Your lawn can go dormant and will be green again as soon as the fall rains come. (source: meto.umd.edu)</p>	<input type="checkbox"/> <b>3 Points</b>
<p>✓ <b>Do not water gardens mid-day.</b></p> <p>“It is best to irrigate one hour before sunrise or early morning as the temperature is rising to catch transpiration at its most active period and give the foliage a chance to dry before the heat of midday.” (sources: gardeners.com, novatoadvanced.com)</p>	<input type="checkbox"/> <b>1 Points</b>
<p>✓ <b>Use “grey” water for watering landscape.</b></p> <p>“Grey water” is a term for water from your shower, bath, spa, sinks, and fish bowls that you can use to water your gardens and reduce your water bills. “Grey water” does not include water from toilets, urinals, or bidets. (source: dwe.nsw.gov.au)</p> <p>Be creative in ways to collect your “grey water”: save water used to boil vegetables, pasta, eggs; collect water used to rinse fruits and vegetables. Think of ways to use your “grey water” such as watering your outdoor plants.</p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Install rain barrels and/or rain gardens as stormwater management facilities.</b></p> <p>Rain barrels trap water from your downspouts and store it for future use (like watering your garden). For more information on rain barrels, visit <a href="http://www.arlingtonecho.net/Restoration-Projects/Rain-Barrels.html">http://www.arlingtonecho.net/Restoration-Projects/Rain-Barrels.html</a></p> <p>Rain gardens are plots of land that are used to decrease the amount of polluted stormwater going directly into the Bay. They clean the water by absorbing it into the soil and changing the chemistry of the polluted water. For more information on rain gardens, visit <a href="http://www.annapolis.gov/info.asp?page=13037">http://www.annapolis.gov/info.asp?page=13037</a></p>	<input type="checkbox"/> <b>10 Points</b>
<p>✓ <b>Keep current on the Air Quality Index (AQI).</b></p> <p>“The AQI is an index for reporting daily air quality. It tells you how clean or polluted your air is, and what associated health effects might be a concern for you. The AQI focuses on health effects you may experience within a few hours or days after breathing polluted air.” The EPA calculates AQI for five major air pollutants regulated by the Clean Air Act: ground-level ozone, particle pollution/particulate matter, carbon monoxide, sulfur dioxide, and nitrogen dioxide. In unhealthy conditions, refrain from excessive exposure to the air, and try not to use motorized vehicles as this will contribute to unhealthy air quality levels. For more information, visit <a href="http://www.airnow.gov/">http://www.airnow.gov/</a></p>	<input type="checkbox"/> <b>1 Point</b>
<p><b>Section 8: Landscaping &amp; Outdoor Category point total:</b></p>	

## SECTION 9: INDOOR AIR QUALITY

<p>✓ <b>Pledge to take part in Annapolis Clean Air Initiatives.</b>  Annapolis' Clean Air Campaign is designed to educate citizens at a grass-roots level about how ways dirty air can harm us and how we can reduce our negative impacts. For more information, visit  <a href="http://www.eannapolis.us/upload/images/government/depts/mayor/CleanAir.pdf">http://www.eannapolis.us/upload/images/government/depts/mayor/CleanAir.pdf</a></p>	<input type="checkbox"/> <b>1 Points</b>
<p>✓ <b>Establish a smoke-free policy.</b>  Providing a designated area with proper disposal containers outside for smokers will allow for a reduction in carbon monoxide, offensive odors, and clean-up procedures.</p> <p>Cigarette filters are made of a fibrous material called cellulose acetate that takes many years to decompose. Improper disposal, flushing, or “flicking” the finished cigarette on the ground will eventually lead to our storm drains and the Chesapeake Bay. This “marine debris” is harmful to many plants and animals in the environment. According to the Ocean Conservancy’s International Coastal Cleanup 2009 report, cigarette filters, cigar tips, and tobacco packaging accounted for almost 38% of the marine debris collected in the United States. (sources: epa.gov, oceaconservancy.org, ers.usda.gov)  For more information on marine debris, visit  <a href="http://www.epa.gov/owow/oceans/debris/factsheet_marinedebris.html">http://www.epa.gov/owow/oceans/debris/factsheet_marinedebris.html</a>  <a href="http://www.oceanconservancy.org/pdf/A_Rising_Tide_full_lowres.pdf">http://www.oceanconservancy.org/pdf/A_Rising_Tide_full_lowres.pdf</a></p>	<input type="checkbox"/> <b>1 Points</b>
<p>✓ <b>Use recyclable, low-emitting carpeting or flooring.</b>  Low-emitting carpeting or flooring is made from materials that do not release significant pollutants into the indoor environment. They contain low- or no- VOCs. There are a variety of low-emitting, natural materials including jute, hemp, wool, cotton fibers, bamboo, composite wood, and agrifiber. These materials can be made from recycled materials and/or rapidly renewable resources (<a href="http://www.usgbc.org">www.usgbc.org</a>, <a href="http://www.sustainablesandhills.org">www.sustainablesandhills.org</a>)</p>	<input type="checkbox"/> <b>10 Points</b>
<p>✓ <b>Purchases of paint products with volatile organic compounds (contribute to ground level ozone); off-gassing potential shall be evaluated and lower VOC products purchased where available. (Select one.)</b> (100% of all paint purchases)</p> <p style="margin-left: 40px;"> <input type="checkbox"/> <b>Use low-VOC paints</b>  <input type="checkbox"/> <b>Use no-VOC paints</b> </p> <p style="margin-left: 40px;"><i>Describe brand of paint and VOC content and percent purchased:</i></p> <hr style="width: 60%; margin-left: 40px;"/>	<input type="checkbox"/> <b>3 Points</b> <input type="checkbox"/> <b>5 Points</b>

<p>✓ <b>Maintain a relative humidity between 30% and 60%.</b>          Keeping the relative humidity quite low will prevent the growth of molds. Prevent growth by “venting bathrooms, dryers, and other moisture-generating sources to the outside; using air conditioners and de-humidifiers; increasing ventilation; and using exhaust fans whenever cooking, dishwashing, and cleaning.” (source: epa.gov) For more information, please visit <a href="http://www.epa.gov/mold/moldresources.html">http://www.epa.gov/mold/moldresources.html</a></p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Regularly check air filters to ensure maximum allergen filtering.</b>          Approximately 35 Million Americans suffer from upper respiratory tract symptoms that are allergic reactions to airborne allergens. Those who suffer from asthma (approximately 11 million Americans) are often provoked by airborne allergens. According to the State of California, the number of emergency visits caused by asthma varies by season, peaking in the winter, due to problems with indoor air quality. For more information on airborne allergens, visit <a href="http://www3.niaid.nih.gov/topics/allergicDiseases/PDF/airborne_allergens.pdf">http://www3.niaid.nih.gov/topics/allergicDiseases/PDF/airborne_allergens.pdf</a>          For information on High Efficiency Particulate Air (HEPA) filters, visit <a href="http://www.hss.energy.gov/csa/csp/hepa/">http://www.hss.energy.gov/csa/csp/hepa/</a></p>	<input type="checkbox"/> <b>3 Points</b>
<p align="right"><b>Section 9: Indoor Air Quality Category point total:</b> _____</p>	

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## SECTION 10: TRANSPORTATION

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<p>✓ <b>Perform regular maintenance of cars and other vehicles.</b>          Tires should be properly inflated and checked frequently. Check oil levels approximately every 3000 miles. Keep track of your average miles-per-gallon by calculating:</p> <p align="center">           _____ Miles-per-gallon = _____ Miles driven ÷               Gallons of gas used         </p> <p>For maintenance information, visit <a href="http://www.edmunds.com/maintenance/select.html">http://www.edmunds.com/maintenance/select.html</a></p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Use hybrid or alternative fuel vehicles.</b>          Cars that perform well and produce the least air pollution and greenhouse gas emissions are listed here: <a href="http://www.epa.gov/fueleconomy/basicinformation.htm">http://www.epa.gov/fueleconomy/basicinformation.htm</a></p> <p align="center"> <b>10 Points per vehicle. Up to 40 points total</b>  <b># hybrid/alternative fuel vehicles</b> _____         </p>	<input type="checkbox"/> <b>__ points</b>

<p>✓ <b>Implement a “no idling” drop-off and pick up zone to encourage everyone to turn off vehicles while waiting.</b></p> <p>Idling a car for more than 10 seconds burns more fuel than stopping and restarting the car. Idling also releases toxic fumes like sulfur oxides, ground-level ozone, and nitrogen oxides which are detrimental to human health. (sources: <a href="http://www.drivewiser.ca">www.drivewiser.ca</a>, <a href="http://www.nrdc.org">www.nrdc.org</a>)</p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Incentives are given to staff and members who carpool.</b></p> <p>Describe: _____</p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>A program is in place to encourage staff and members to use alternate transportation such as busses, walking, biking, or to drive alternative fuel vehicles.</b></p> <p>Examples: provide bus shelters to encourage the use of public transportation, give special parking privileges to those who drive hybrids, incentives to use public transportation and/or bike to work.</p> <p>For more information, visit <a href="http://www.ci.annapolis.md.us/info.asp?page=2613">http://www.ci.annapolis.md.us/info.asp?page=2613</a></p> <p>Describe: _____</p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Provide bike racks to encourage biking.</b></p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Staff let members know about the many transportation programs and options available in Annapolis.</b></p> <p>Annapolis’ “Free Fare Zone” allows anyone to board any Annapolis Transit bus from Compromise Street (on the Annapolis side of the Spa Creek Bridge) to Westgate Circle for free. This includes Duke of Gloucester Street, Main and West Streets, and Church Circle. Free Wheelin’ Bike Program allows individuals to “rent” a bicycle for free. Use of these programs will reduce the number of cars going downtown, thus reducing emissions downtown. For route information on the Free Fare Zone, visit <a href="http://www.ci.annapolis.md.us/info.asp?page=7615">http://www.ci.annapolis.md.us/info.asp?page=7615</a> For more information on the Free Wheelin’ Bike program, visit <a href="http://annapolis.gov/info.asp?page=10943">http://annapolis.gov/info.asp?page=10943</a></p>	<input type="checkbox"/> <b>1 Point</b>
<p>✓ <b>A program is in place to encourage staff to park at the Navy-Marine Corps Memorial Stadium parking lot and take the shuttle into town (only for Downtown Annapolis Institutions).</b></p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Our staff’s carbon footprint is offset from flying and/or commuting.</b></p> <p>For more information on greenhouse gas (including carbon) offsets, please read : <a href="http://fpc.state.gov/documents/organization/103675.pdf">http://fpc.state.gov/documents/organization/103675.pdf</a></p>	<input type="checkbox"/> <b>5 Points</b>
<p><b>Section 10: Transportation Category point total:</b> _____</p>	

## SECTION 11: LIGHT POLLUTION

<p>✓ <b>Reduce the light pollution emitted from our outdoor lighting by addressing glare, spillover, and sky glow.</b></p> <p>Reduce glare by positioning adjustable lights downward, reduce spillover by installing fully shielded lights, and reduce sky glow by installing fixtures that have the light bulb tucked into the luminaire housing. Ineffective lighting creates nuisances and safety hazards for the community, drivers, and aviators. Taking these actions keeps the light shining only on their intended areas, reducing wasted energy. In addition, wildlife can experience disorientation from excess illumination and are attracted to or repulsed by glare, which affects foraging, reproduction, communication, and other critical behaviors (sources: <a href="http://www.windows.ucar.edu">www.windows.ucar.edu</a>, <a href="http://www.indiana.sierraclub.org">www.indiana.sierraclub.org</a>, <a href="http://www.alabama.sierraclub.org">www.alabama.sierraclub.org</a>, Ecological Light Pollution. <i>Front Ecol Environ</i> 2004; 2(4): 191–198)</p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Use motion sensors for security lighting.</b></p> <p>Motion sensors for outdoor security lighting will not only reduce light pollution, but it can reduce energy costs because they will not be on all night.</p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Turn off all lights in every room at night.</b></p> <p>This is a habitual behavior, and it must be properly publicized to staff, students, and members that this is important to your institution. Not only do lights at night increase sky glow, it costs money to run lights, electronics, and other energy-using appliances for the time the building is not being used. For example, if a building operates for 10 hours a day, keeping lights and electronics on for 14 hours can add up to thousands of dollars a month.</p>	<p><input type="checkbox"/> <b>2 Points</b></p>
<p><b>Section 11: Light Pollution Category point total:</b></p>	

## SECTION 12: FOOD & KITCHEN

### Purchase food grown on local farms as much as possible.

Purchasing products locally has many benefits to the environment and the consumer: Less fossil fuel is expended towards packaging and transporting local food; It supports the local economy – more money goes to the farmer instead of suppliers, processors, and marketers; It is healthier – processing and preservatives are not important as the food does not have to travel far; It is more honest – since the source is local, we know how the food is grown/produced. (source: [www.vermontlocalvore.org](http://www.vermontlocalvore.org))

Organic products sold in the US are those that were grown using the USDA's standards of "organic". Organic crops do not use synthetic pesticides or genetically-modified organisms, nor do they use synthetic fertilizer. Purchasing organic produce and grains reduces the chemical impact on the Chesapeake Bay, and reduces chemical reactions within the human population. The organic industry uses organic feed for their animals and avoids potentially harmful growth hormones and antibiotics commonly used in the conventional industry to make more (not necessarily better quality) meat, eggs, milk, etc. (sources: [www.usda.gov](http://www.usda.gov), [www.organic.org](http://www.organic.org)) For a free listing of Maryland-grown farm products, see the University of Maryland's Food Trader website at [www.foodtrader.org](http://www.foodtrader.org).

Use of locally grown food can be applied to a school cafeteria, a church banquet, committee meetings, or other events pertaining to food.

**Note: Organic certification refers to meeting the standards in place in the USDA National Organic Program.**

#### ✓ Percentage of our fruits, vegetables and beans:

##### coming from farms within a 100 mile radius

76%-100%

51%-75%

25%-50%

##### coming from farms within a 300 mile radius

76%-100%

51%-75%

25%-50%

##### carrying organic certification

76%-100%

51%-75%

25%-50%

☐ 10 Points

☐ 4 Points

☐ 2 Points

☐ 5 Points

☐ 3 Points

☐ 1 Points

☐ 10 Points

☐ 7 Points

☐ 5 Points

<p>✓ <b>Percentage of our milk, cheese, or other dairy products:</b></p> <p>coming from farms within a 100 mile radius</p> <p>76%-100%</p> <p>51%-75%</p> <p>25%-50%</p> <p>coming from farms within a 300 mile radius</p> <p>76%-100%</p> <p>51%-75%</p> <p>25%-50%</p> <p>carrying organic certification</p> <p>76%-100%</p> <p>51%-75%</p> <p>25%-50%</p>	<p><input type="checkbox"/> 10 Points</p> <p><input type="checkbox"/> 4 Points</p> <p><input type="checkbox"/> 2 Points</p> <p><input type="checkbox"/> 5 Points</p> <p><input type="checkbox"/> 3 Points</p> <p><input type="checkbox"/> 1 Points</p> <p><input type="checkbox"/> 10 Points</p> <p><input type="checkbox"/> 7 Points</p> <p><input type="checkbox"/> 5 Points</p>
<p>✓ <b>We support Annapolis bakeries by purchasing their baked goods (including dinner rolls) to sell in our establishment.</b></p>	<p><input type="checkbox"/> 5 Points</p>
<p>✓ <b>Bakeries: Percentage of our grains, flour, or other raw baking materials:</b></p> <p>coming from farms within a 100 mile radius</p> <p>76%-100%</p> <p>51%-75%</p> <p>25%-50%</p> <p>coming from farms within a 300 mile radius</p> <p>76%-100%</p> <p>51%-75%</p> <p>25%-50%</p> <p>carrying organic certification</p> <p>76%-100%</p> <p>51%-75%</p> <p>25%-50%</p>	<p><input type="checkbox"/> 10 Points</p> <p><input type="checkbox"/> 4 Points</p> <p><input type="checkbox"/> 2 Points</p> <p><input type="checkbox"/> 5 Points</p> <p><input type="checkbox"/> 3 Points</p> <p><input type="checkbox"/> 1 Points</p> <p><input type="checkbox"/> 10 Points</p> <p><input type="checkbox"/> 7 Points</p> <p><input type="checkbox"/> 5 Points</p>



<p>✓ <b>Percentage of your eggs, chicken, beef, pork and other meats:</b></p> <p><b>coming from farms within a 100 mile radius</b></p> <p>76%-100%</p> <p>51%-75%</p> <p>25%-50%</p> <p><b>coming from farms within a 300 mile radius</b></p> <p>76%-100%</p> <p>51%-75%</p> <p>25%-50%</p> <p><b>carrying organic certification</b></p> <p>76%-100%</p> <p>51%-75%</p> <p>25%-50%</p>	<p><input type="checkbox"/> 10 Points</p> <p><input type="checkbox"/> 4 Points</p> <p><input type="checkbox"/> 2 Points</p> <p><input type="checkbox"/> 5 Points</p> <p><input type="checkbox"/> 3 Points</p> <p><input type="checkbox"/> 1 Points</p> <p><input type="checkbox"/> 10 Points</p> <p><input type="checkbox"/> 7 Points</p> <p><input type="checkbox"/> 5 Points</p>
<p>✓ <b>Schools: Participate in Maryland's Farm-To-School Program.</b></p> <p>"Farm-to-school programs feature school purchases of food (usually fresh fruit and vegetables) from local farmers." (source: mda.state.md.us) In Maryland, the Maryland Department of Agriculture and the Maryland State Department of Education head the Farm-to-school program. For more information, visit <a href="http://www.mda.state.md.us/mdfarmtoschool/index.php">http://www.mda.state.md.us/mdfarmtoschool/index.php</a> and <a href="http://www.msde.maryland.gov/MSDE/programs/environment/Farm-To-School.htm">http://www.msde.maryland.gov/MSDE/programs/environment/Farm-To-School.htm</a></p>	<p><input type="checkbox"/> 10 Points</p>
<p>✓ <b>Percentage of our seafood aligns with sustainable seafood recommendations from the Monterey Bay Aquarium (Seafood Watch), Blue Ocean Institute, or other sustainable seafood programs</b></p> <p>Sustainable fishing allows the consumer to purchase seafood from sources, either fished or farmed, that can exist over the long-term without compromising species' survival or the health of the surrounding ecosystem. (source: <a href="http://www.montereybayaquarium.org">www.montereybayaquarium.org</a>) For more information, visit:</p> <p><a href="http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw_factsheet.aspx">http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw_factsheet.aspx</a></p> <p><a href="http://www.blueocean.org/seafood/seafood-guide">http://www.blueocean.org/seafood/seafood-guide</a></p> <p>Seafood can be purchased through fisheries certified to the Marine Stewardship Council standard for sustainable fishing: <a href="http://www.msc.org/where-to-buy/find-a-supplier/united-states">http://www.msc.org/where-to-buy/find-a-supplier/united-states</a></p> <p>76%-100%</p> <p>51%-75%</p> <p>25%-50%</p>	<p><input type="checkbox"/> 10 Points</p> <p><input type="checkbox"/> 7 Points</p> <p><input type="checkbox"/> 5 Points</p>

<p>✓ <b>Percentage of salmon that is wild (vs. farm raised)</b></p> <p>Farm raised salmon has ten times the amount of dioxins and polychlorinated biphenyls (carcinogens) than their wild-caught counterparts. Wild salmon bear less environmental stress because they are not concentrated in a small area that has hazardous nitrogen levels and do not transfer diseases as rapidly as farmed salmon. Most Atlantic salmon is farm-raised. The best choice is wild Alaskan salmon while good alternatives are wild salmon from Washington, Oregon, and California. (sources: <a href="http://www.atsdr.cdc.gov">www.atsdr.cdc.gov</a>, <a href="http://www.sierraclub.org">www.sierraclub.org</a>, <a href="http://www.montereybayaquarium.org">www.montereybayaquarium.org</a>, <a href="http://www.seafoodwatch.org">www.seafoodwatch.org</a>)</p> <p>76%-100% 51%-75% 25%-50%</p>	<p><input type="checkbox"/> 10 Points <input type="checkbox"/> 7 Points <input type="checkbox"/> 5 Points</p>
<p>✓ <b>Sustainable seafood from Atlantic U.S. waters is prioritized.</b></p> <p>While sustainable fishing is important, buying sustainable seafood closer to where you live aids in other environmental initiatives. The product does not need to travel as far, which reduces fossil fuel emissions and the need for preservatives and excess packaging.</p> <p>For more information, visit  <a href="http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw_regional.aspx?region_id=2">http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw_regional.aspx?region_id=2</a>  <a href="http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw_regional.aspx?region_id=5">http://www.montereybayaquarium.org/cr/SeafoodWatch/web/sfw_regional.aspx?region_id=5</a></p>	<p><input type="checkbox"/> 3 Points</p>
<p>✓ <b>Grow own herbs and flowers for use in the kitchen.</b></p> <p>If growing plants in the kitchen, make sure to place the plants in areas that will not allow cross-contamination.</p> <p>76%-100% 51%-75% 25%-50%</p>	<p><input type="checkbox"/> 10 Points <input type="checkbox"/> 3 Points <input type="checkbox"/> 1 Points</p>
<p>✓ <b>Keep the freezer defrosted.</b></p> <p>Keeping your freezer defrosted not only saves wasted energy from over-cooling the freezer, but it also saves your food as the frozen water in the food will not crystallize and cause freezer burn. Try not to open and close your freezer door frequently, as the fluctuation in temperatures above and below the freezing point also contributes to freezer burn.</p>	<p><input type="checkbox"/> 3 Points</p>
<p>✓ <b>Support Maryland wineries, distilleries, and breweries by purchasing their products.</b></p> <p><a href="http://www.marylandwine.com/mwa/wineries/index.shtml">http://www.marylandwine.com/mwa/wineries/index.shtml</a>  <a href="http://marylandbeer.org/default.asp?ild=HILHG">http://marylandbeer.org/default.asp?ild=HILHG</a></p>	<p><input type="checkbox"/> 5 Points</p>

<p>✓ <b>Scrape leftover foods that will not be composted into the garbage.</b> Put sauces, marinades, gravies, and other non-compostable foods into the garbage instead of the sink. For information on what and what not to compost, visit <a href="http://www.epa.gov/epawaste/conservation/rrr/composting/basic.htm">http://www.epa.gov/epawaste/conservation/rrr/composting/basic.htm</a> Even if you have a garbage disposal, food can cause plumbing and wastewater treatment problems.</p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Incorporate a “Heart Smart” food section into the menu.</b> To qualify to use the “Heart Smart” logo, each of the menu items must fit at least <u>two</u> of the following criteria established by the American Heart Association (AHA):</p> <ul style="list-style-type: none"> <li>• low in fat (each serving should have 3 g or less)</li> <li>• low in saturated (animal) fats (each serving should have 1g or less)</li> <li>• low in sodium (each serving should have 480mg or less)</li> <li>• high in nutrient content - This can be achieved by combining 3 or more food groups in one meal (fruits, vegetables, whole grains, low-fat dairy, lean meat)</li> </ul>	<input type="checkbox"/> <b>3 Points</b>
<p>✓ <b>Incorporate vegetarian, gluten-free, and/or allergen-free food section(s) into the menu.</b> Making menu choices easier for diet-specific guests will encourage kitchen staff and serving staff to be more aware of how food is prepared. Gluten-free diets do not contain foods made from grains such as wheat, barley and rye. For more information on what contains gluten, please visit <a href="http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/#examples">http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/#examples</a> Allergen-free menu choices should be widely varied to accommodate for the most common food allergies including: egg, dairy, peanut, shellfish, soy, and tree nut. For information on tree nuts, please visit <a href="http://www.lpch.org/diseasehealthinfo/healthlibrary/allergy/treenut.html">http://www.lpch.org/diseasehealthinfo/healthlibrary/allergy/treenut.html</a></p>	<input type="checkbox"/> <b>3 Points</b>
<p>✓ <b>Install a wastewater grease recovery system.</b> Don’t discharge grease over the limit of 100mg/liter (To get points, you must not have had an oil &amp; grease limit violation within the past year). ★ <i>Note: Annapolis City Code Chapter 16.16.140 states: “No user shall discharge pollutants having a strength significantly higher than domestic sewage; that is having: fats, oils, or greases of animal or vegetable origin in concentrations greater than 100 mg/l.</i></p>	<input type="checkbox"/> <b>5 Points</b>
<p>✓ <b>Dishwashers are only run when they are full.</b> You’ll pay the same amount to run a half loaded dish washer as a fully loaded one, so make sure you only run a fully loaded dish washer. Cutting wash cycles could save you hundreds of dollars annually. To save even more water, use the “water efficient” or “light load” mode when running the dishwasher. (source: <a href="http://www.epa.gov/nps/chap3.html">http://www.epa.gov/nps/chap3.html</a>)</p>	<input type="checkbox"/> <b>2 Points</b>
<p>✓ <b>Utensils and dishes are presoaked in basins of water and not running water.</b> Only biodegradable, phosphorous/phosphate-free detergents should be added to soaking water.</p>	<input type="checkbox"/> <b>2 Points</b>

<p>✓ <b>Frozen foods are thawed in the refrigerator rather than with running water.</b> Running a faucet to thaw food wastes approximately 2.2 gallons of water per minute. Frozen foods are often under running water for over 30 minutes, wasting at least 66 gallons of water!</p>	<p><input type="checkbox"/> <b>2 Points</b></p>
<p>✓ <b>Leftover food is provided to food pantries/soup kitchens.</b> <a href="http://www.aaceoc.com/anne_arundel_county_emergency_fo.htm">http://www.aaceoc.com/anne_arundel_county_emergency_fo.htm</a></p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p><b>Encourage No-Waste Lunches.</b> Educate students, members, and their guests about the waste associated with lunches, and provide reusable alternatives to food containers. In King County, WA, for example, elementary school teachers ask students to critically analyze the differences between a conventional lunch and a no-waste lunch. For the lesson plan, visit <a href="http://your.kingcounty.gov/solidwaste/elementaryschool/documents/lunch.pdf">http://your.kingcounty.gov/solidwaste/elementaryschool/documents/lunch.pdf</a></p>	<p><input type="checkbox"/> <b>2 Points</b></p>
<p>✓ <b>Send waste cooking oil and grease for reuse to a recycling facility. Please provide documentation with application.</b> Visit MD Recycles for businesses <a href="http://www.mdrecycles.org/recyclingDirectory.asp?sec=seivicesUnused">http://www.mdrecycles.org/recyclingDirectory.asp?sec=seivicesUnused</a></p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p>✓ <b>Establish a program to compost kitchen wastes for use as soil amendment in gardens or for farm animal feed.</b> “Composting offers the obvious benefits of resource efficiency and creating a useful product from organic waste that would otherwise have been landfilled.” (source: <a href="http://www.epa.gov">www.epa.gov</a>) For more information on composting, please visit <a href="http://www.epa.gov/osw/conserv/rrr/composting/">http://www.epa.gov/osw/conserv/rrr/composting/</a></p>	<p><input type="checkbox"/> <b>5 Points</b></p>
<p><b>Section 12: Food &amp; Kitchen Category point total:</b> _____</p>	

Section 1. Environmental Policy & Education Category point total	_____
Section 2. Office & Classroom Category point total	_____
Section 3. Energy Category point total	_____
Section 4. Waste Management Category point total	_____
Section 5. Water Quality & Conservation Category point total	_____
Section 6. Swimming Pool & Spa Category point total	_____
Section 7. Cleaning, Maintenance, & Laundry Category point total	_____
Section 8. Landscaping & Outdoor Category point total	_____
Section 9. Indoor Air Quality Category point total	_____
Section 10. Transportation Category point total	_____
Section 11. Light Pollution Category point total	_____
Section 12. Food & Kitchen Category point total	_____

<input checked="" type="checkbox"/> <b>We are a Maryland Green School.</b> The Maryland Green School program, run by the Maryland Association for Environmental and Outdoor Education. For more information, visit <a href="http://www.maeoe.org">www.maeoe.org</a>	<input type="checkbox"/> <b>5 Points</b>
<input checked="" type="checkbox"/> <b>Other activities to reduce environmental impact: <i>(Points negotiable up to 10 points)</i></b> If you have an idea about something to be included in our next edition, please email us at <a href="mailto:SustainableAnnapolis@Annapolis.gov">SustainableAnnapolis@Annapolis.gov</a> . We will consider all suggestions although we will not promise that they will be included.	
_____ _____ _____	
<b>Add up ALL points, and enter the total.....</b>	